

WEEKLY TIMETABLE

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-----------|----------|----------|-----------|----------|----------|---------------|---------------|
| EVENING | Dinner | Dinner | Dinner | Dinner | Dinner | Evening | Evening |
| | Relax | Relax | Relax | Relax | Relax | Rest | Rest |
| | Work | Work | Work | Work | Work | Exercise | Relax |
| | Work | Work | Work | Work | Work | Personal Time | Personal Time |
| | Work | Work | Work | Work | Work | Errands | Family Time |
| | Work | Work | Work | Work | Work | Lunch | Lunch |
| MORNING | Lunch | Lunch | Lunch | Lunch | Lunch | Rest | Rest |
| | Work | Work | Work | Work | Work | Hobby | Hobby |
| | Work | Work | Work | Work | Work | Social | Social |
| | Work | Work | Work | Work | Work | Free Time | Free Time |
| | Work | Work | Work | Work | Work | Dinner Prep | Dinner Prep |
| AFTERNOON | Exercise | Exercise | Exercise | Exercise | Exercise | Dinner | Dinner |
| | Dinner | Dinner | Dinner | Dinner | Dinner | Evening | Evening |
| | | | | | | | |

Relax

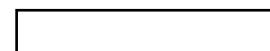
Relax



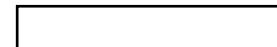
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Relax



Relax



Rest



6-7

7-8

8-9

9-10

10-11

11-12

12-1

1-2

2-3

3-4

4-5

5-6

